



14-DAY FAT BURNER



LOW-CALORIE, HIGH-PROTEIN MEAL PLAN
WITH FAT-BURNING CIRCUIT TRAINING

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#14DAYFATBURNER

SKINNYMOM

WELCOME TO THE 14-DAY FAT BURNER!

If you're stuck in a rut, working hard but not seeing results, or don't know where to start, this all-inclusive plan is for YOU! From food to fitness, we have your next 14 days planned for you – step by step. Follow these Fat Burning Principles, recruit your friends to join you, and get ready to develop building blocks for a healthy, active lifestyle. We're so glad you're here.

FAT BURNING PRINCIPLES:

1. Stay on track and be strict. To jumpstart weight loss, to develop good, healthy habits for sustainable lifestyle changes, and to see satisfying results that stick, you must give these next 14 days a real go. Be strict. Don't cheat. Stay on track and dedicate yourself to 14 days of clean eating, challenging workouts, and mindful health practices. In 14 days, you'll feel so great you won't want to bounce back to your unhealthier ways.

2. Be in charge and in control. Since we took the guesswork out of the meal plan and laid out the next 14 days for you, don't let impulsive decisions railroad your success. Know the plan and prep/pack your meals ahead of time so there are no surprises. Make time in your calendar for your workout as you would a doctor's appointment. Prioritize yourself and block out the noise derailing your good intentions.

3. Be comfortable with being a little uncomfortable. These workouts and the low-calorie, high-protein diet plan may challenge you. You may be working out harder and smarter than ever before with this plan. And you may be eating lean and clean consistently for the first time. You may feel hungry, you may feel cranky, you may feel deprived – but these feelings won't last long. Stick it out! Soon, your workouts and diet will be transforming the way you feel, the way you think, and even the way you look. It's our desire to fill your bodies with good-for-you, delicious food that will fill you up without filling you out, all the while moving your body in smarter ways than ever before. What starts as a 14-day plan turns into a lifestyle of best practices.

4. Protein will fuel you. If your protein intake is too low on a restricted-calorie diet, you won't just be losing fat, you'll be losing muscle mass as well, which none of us want to lose! A higher protein plan helps you hold onto lean mass during your low-calorie phase. This plan is packed with lean proteins, as well as Skinny Mom® Protein Powder, to supplement your daily protein intake. See more information on Skinny Mom® Protein Powder at <http://www.skinnymom.com/protein-powder/>.

5. Water is your BFF. Drink at least a half gallon of water a day to stay hydrated and healthy. Staying hydrated flushes toxins, boosts your immune system, keeps you feeling full, promotes weight loss, aids digestion, increases energy, relieves fatigue and prevents muscle cramps and sprains. Grab a fun new water bottle you'll want to show off, and take it every where you go!

6. You know your body. Treat her right. Any diet will take you out of your comfort zone, so you may feel a little hungry. Depending on your typical activity level and daily food consumption, it may take your body some time to adjust. However, if hunger pangs are keeping you up at night or you have zero energy and can't get through your workouts, then increase your portions of clean food, supplement your pre-workout or post-workout routine with protein powder, or add in another small meal. Adjust the timing of your meals to fuel your body, and don't hesitate to reach out to us with questions: info@skinnymom.com.

THINGS TO KNOW BEFORE YOU GET STARTED:

Accountability is the Key to Success. What's key to success with any new food and fitness plan? Support and accountability. Good news: We've got both for you! Now that you have the 14-Day Fat Burner, you have access to our private community on Facebook packed with the most encouraging and supportive accountability partners. From funny quotes to get you through a tough workout to inspiring messages and even local meet-ups, you'll love making new friends who are hustling after the same goals! In addition to the private community, keep in touch with us on social media using the #14DayFatBurner hashtag to share pics, encouragement, and tips, and to keep up with Team Skinny Mom and our readers working hard and kicking booty with you!

Serves One. The 14-Day Fat Burner serves one. If someone else in your household is joining you, be sure to double the ingredients when making your grocery list.

Grocery Lists. Since every ingredient is laid out in the plan, your grocery list just got a whole lot easier! There's a grocery list template on page 17. Copy the ingredients over in the appropriate sections, remove any ingredient or meal you won't like and swap with another one on the plan, and be sure to take inventory of your refrigerator and pantry before heading to the store!

Get Ready to Circuit Train. The workouts follow a circuit format and intensity will build during the 14 days. If you're unsure of an exercise, all workout moves have photos and descriptions on SkinnyMom.com. You can click on the moves in your plan if you're using it digitally, or search the name on SkinnyMom.com if you have printed the plan. Details on how to work the circuits and how to get the most out of your Fat Burner workouts can be found on page 18.

Protein Powder. Skinny Mom® Protein Powder is the perfect pre- or post-workout supplement. Each serving packs 16 grams of protein and is under 90 calories to help you feel full longer and curb unhealthy cravings. As you build strong, lean muscle, you'll also boost your metabolism, helping you burn more calories each day. What's even better? Skinny Mom® Protein Powder comes in two absolutely delicious flavors: MILK CHOCOLATE + VANILLA BEAN. Do you have questions about Skinny Mom® Protein Powder? Visit <http://www.skinnymom.com/protein-powder/>.



14-DAY FAT BURNER



DAILY MEAL PLAN GUIDE

#14DAYFATBURNER

DAY 1

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: CINNAMON ROLL SHAKE 194 Ingredients: • 1 scoop Skinny Mom® Milk Chocolate Protein Powder • 1 cup unsweetened almond milk • 1/2 cup water • 2 teaspoons cinnamon • 1 teaspoon nut butter • 1 teaspoon vanilla extract • 1 teaspoon honey • 1 cup ice Instructions: 1. Add all ingredients to blender. Blend until desired consistency.	
M2	MEAL 2 166 • 1 cup strawberries • 2 hard-boiled eggs	
M3	MEAL 3: DELI TURKEY WRAP WITH COTTAGE CHEESE 325 Ingredients: • 1/4 avocado • 1 teaspoon lemon juice • salt and pepper, to taste • 1 high-fiber, low-carb tortilla (5-inch diameter) • 3 ounces low-sodium deli turkey breast • 2 tomato slices • 1/2 cup baby spinach Other: • 1/2 cup low-fat cottage cheese Instructions: 1. In a small bowl, mash avocado, and mix in lemon juice, salt, and pepper. 2. Lay out wrap. Add turkey, tomato, spinach and avocado spread. 3. Roll wrap and enjoy with 1/2 cup cottage cheese.	
M4	MEAL 4 111 • 2 celery stalks • 1 tablespoon nut butter	
M5	MEAL 5: CHICKEN BURGER WITH HUMMUS, SWEET POTATO & GREEN BEANS 436 Ingredients: • 12 ounces lean ground chicken (6 ounces for tonight's dinner, 6 ounces for tomorrow's lunch) • 1/2 teaspoon salt • 1/2 teaspoon black pepper • 1 teaspoon chicken/poultry seasoning • 1 teaspoon extra virgin olive oil • 2 tablespoons plain hummus (1 tablespoon for tonight's dinner, 1 tablespoon for tomorrow's lunch) Other: • 2 medium-sized sweet potatoes (1 for tonight's dinner, 1 for tomorrow's lunch) • 2 cups green beans (1 cup for tonight's dinner, 1 cup for tomorrow's lunch) • 1 tablespoon light butter (1/2 tablespoon for tonight's dinner, 1/2 tablespoon for tomorrow's lunch) Instructions: 1. In a bowl, mix ground chicken, salt, pepper, and poultry seasoning. Divide chicken meat equally in half. Using clean hands, shape into two individual patties. 2. Heat olive oil in a large nonstick skillet over medium heat and cook patties until cooked through, about 5 minutes per side. 3. Serve chicken patty with 1 tablespoon hummus on top with baked sweet potato and 1 cup green beans with 1/2 tablespoon light butter. Set aside leftovers for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 1 chicken burger, 1 sweet potato, 1 tablespoon hummus, 1 cup green beans and 1/2 tablespoon light butter for tomorrow's lunch.

TOTAL CALORIES:

1,232

DAY 2

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: CHOCOLATE PROTEIN WAFFLES WITH SUGAR-FREE MAPLE SYRUP & TURKEY BACON 281 Ingredients: • 1 scoop Skinny Mom® Milk Chocolate Protein Powder • 1 tablespoon coconut flour • 1 teaspoon baking powder • 1 egg • 1 teaspoon vanilla • 1/4 cup unsweetened almond milk Other: • 1 tablespoon sugar-free maple syrup • 2 slices lower-sodium turkey bacon Instructions: 1. Preheat the waffle iron. 2. In a small mixing bowl, whisk together all of the ingredients until smooth. 3. Grease waffle iron, pour the batter, and cook the waffle according to waffle iron instructions. 4. Meanwhile, microwave turkey bacon according to package directions. 5. Serve waffle with 1 tablespoon sugar-free maple syrup and 2 slices turkey bacon.	
M2	MEAL 2 167 • 8 ounces lemon water with a dash of cayenne pepper • 1 orange • 12 cashews	
M3	MEAL 3: Leftover Chicken Burger with 1 Tablespoon Hummus, 1 Sweet Potato, 1 Cup Green Beans with 1/2 Tablespoon Light Butter 436	
M4	MEAL 4 189 • 1 light string cheese • 1/4 cup raisins	
M5	MEAL 5: BAKED SALMON WITH GARLIC CAULIFLOWER MASH & SIDE SALAD WITH LIGHT VINAIGRETTE 239 Salmon: • 1 (4-ounce) wild-caught salmon fillet • 1 teaspoon lemon juice • salt and pepper, to taste Cauliflower: • 1 cup chopped cauliflower • 1/4 cup reduced-sodium chicken broth • 2 tablespoons plain, nonfat Greek yogurt • 1/2 teaspoon minced garlic • 1 teaspoon chives • salt and pepper, to taste Side Salad: • 1 cup mixed salad greens • 1 tablespoon light balsamic vinaigrette Instructions: 1. Preheat oven to 350°F. Place salmon fillet in the center of a sheet of foil, skin side down. Sprinkle fillet with salt, pepper and lemon juice. 2. Fold sides of foil in over salmon, making a sealed packet. 3. Bake for 30 minutes or until salmon flakes with a fork. 4. Meanwhile, microwave cauliflower according to package directions. 5. Place cooked cauliflower in a medium-sized bowl, and add chicken broth, garlic, chives, salt, and pepper. 6. Transfer mixture to a food processor and process cauliflower mash to your desired texture. 7. Serve salmon with mashed cauliflower and side salad.	

TOTAL CALORIES:

1,312

DAY 3

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1 MEAL 1: SUNRISE PROTEIN SMOOTHIE 253

Ingredients:

- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1 cup whole frozen strawberries
- 1/2 cup frozen peaches
- 1 cup unsweetened almond milk
- 1 cup ice
- 1/2 teaspoon vanilla
- 1 tablespoon honey

Instructions:

1. Add all ingredients to blender. Blend until desired consistency.

M2 MEAL 2 85

- 9 baby carrots
- 2 tablespoons plain hummus

M3 MEAL 3: DELI TURKEY WRAP 235

Ingredients:

- 1/4 avocado
- 1 teaspoon lemon juice
- salt and pepper, to taste
- 1 high-fiber, low-carb tortilla (5-inch diameter)
- 3 ounces low-sodium deli turkey breast
- 2 tomato slices
- 1/2 cup baby spinach

Instructions:

1. In a small bowl, mash avocado, and mix in lemon juice, salt, and pepper.
2. Lay out wrap. Add turkey, tomato, spinach and avocado spread.
3. Roll wrap and enjoy.

M4 MEAL 4 202

- 1 (6-ounce) container nonfat plain Greek yogurt
- 1 banana

M5 MEAL 5: SLOW COOKER PORK SALSA VERDE SALAD 488

Ingredients:

- 10.6 ounces pork tenderloin
- 1 (16-ounce) jar salsa verde
- 4 cups mixed greens (2 cups for tonight's dinner and 2 cups for tomorrow's lunch)
- 2 small tomatoes, diced (1 for tonight's dinner and 1 for tomorrow's lunch)
- 1 cup reduced-sodium black beans (1/2 cup for tonight's dinner and 1/2 cup for tomorrow's lunch)
- 1/2 avocado, diced (1/4 for tonight's dinner and 1/4 for tomorrow's lunch)

Instructions:

1. Spray the interior of slow cooker with nonstick cooking spray and place tenderloin in bottom.
2. Pour jar of salsa verde over top of the pork and cook on high for 4 hours, or low for 8 hours.
3. Shred pork tenderloin with two forks.
4. Place shredded pork back in slow cooker and mix with remaining salsa verde.
5. In a large bowl, spoon 1/2 of pork mixture onto 2 cups of greens. Add 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado. Set aside leftovers for tomorrow's lunch*.

LEFTOVER NOTES

*Pack remainder of pork mixture, 2 cups mixed greens, 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado for tomorrow's lunch.

TOTAL CALORIES:

1,263

DAY 4

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: PROTEIN-PACKED APPLE CINNAMON OATMEAL 295
	Ingredients:
	• 1/2 cup quick oats • 1/2 cup unsweetened almond milk • 1/2 apple, diced • 1/2 teaspoon cinnamon • 1 teaspoon stevia • 1 scoop Skinny Mom® Vanilla Bean Protein Powder
	Instructions:
	1. Add all the ingredients in a large bowl. Stir thoroughly and then microwave for 3 minutes. 2. Stir after 1 minute, then again after 2.
M2	MEAL 2 69
	• 8 ounces lemon water with a dash of cayenne pepper • 1 orange
M3	Meal 3: Leftover Slow Cooker Pork Salsa Verde Salad 488
M4	MEAL 4 140
	• 3 ounces low-sodium deli turkey breast • 1 light string cheese
M5	MEAL 5: SANTE FE STUFFED PEPPERS 238
	Ingredients:
	• 2 bell peppers, tops sliced off and seeded (any color) • 1/2 teaspoon extra virgin olive oil • 1/4 onion, diced • 1/4 jalapeño pepper, seeded and diced (keep seeds for more heat) • 1/4 pound ground turkey (Lean - 90/10) • 1/4 teaspoon ground cumin • 1/4 teaspoon chili powder • salt and black pepper, to taste • 1/4 cup canned reduced-sodium black beans, drained and rinsed • 1/4 cup canned or frozen no-salt-added sweet corn, drained and rinsed • 1/4 cup canned no-salt-added diced tomatoes, drained • squeeze of lime juice • 1/2 tablespoon finely chopped fresh cilantro • 1/4 cup + 1 tablespoon cooked brown rice (about 3 tablespoons each pepper) • 2 tablespoons reduced-fat Monterey Jack shredded cheese
	Instructions:
	1. Preheat the oven to 350°F. Set out a small baking dish or 2 ramekins and stand the peppers in the dish so they fit snugly, cut-side up. 2. Heat a large skillet over medium heat and add the oil, onion, and jalapeño, cooking until the onion starts to become translucent, 1-2 minutes. 3. Add the turkey, breaking it up with a wooden spoon until it is all white, about 2-4 minutes, and season the meat with the cumin, chili powder, salt, and pepper. 4. Add the black beans, corn, diced tomatoes, lime juice, cilantro, and cooked rice to the skillet. Stir to combine and remove from the heat. 5. Evenly fill each pepper with the turkey mixture. Pour enough water in the bottom of the baking dish to cover the bottoms of the peppers by about 1 cm. This will steam the peppers while baking. 6. Cover the dish with foil and bake until the the peppers are soft, 20-25 minutes. 7. Top each pepper with 1 tablespoon cheese and bake until cheese is melted, 5 minutes. 8. Serve one pepper with additional chopped cilantro and lime. Set aside the other pepper for tomorrow's lunch*.

LEFTOVER NOTES

*Pack 1 pepper for tomorrow's lunch.

TOTAL CALORIES:

1,230

DAY 5

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: BANANA SPLIT PROTEIN SHAKE 308 Ingredients: • 1 scoop Skinny Mom® Milk Chocolate Protein Powder • 1 cup unsweetened almond milk • 1/2 cup pineapple chunks • 1 cup whole frozen strawberries • 1 small-medium banana Instructions: 1. Add all ingredients to blender. Blend until desired consistency.	
M2	MEAL 2 154 • 9 baby carrots • 2 tablespoons hummus • 1 orange	
M3	MEAL 3: LEFTOVER SANTE FE STUFFED PEPPER 238	
M4	MEAL 4: SPICY AVOCADO TOAST 162 Ingredients: • 1 slice sprouted grain bread (in freezer section) • 1/4 avocado • salt, black pepper, and red pepper flakes, to taste Instructions: 1. Toast bread to your desired doneness. 2. In a small bowl, mash avocado, salt, pepper, and red pepper flakes. Spread over toast.	
M5	MEAL 5: BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE, QUINOA & BROCCOLI 383 Quinoa: • 1/2 cup dry quinoa • 1 cup water • salt and black pepper, to taste Blackened Chicken: • 2 (4-ounce) boneless, skinless chicken breasts • 1/2 tablespoon blackened seasoning • 1 tablespoon green onions, finely sliced Avocado Cream Sauce: • 3 tablespoons plain, nonfat Greek yogurt • 1/4 avocado, chopped • 1 teaspoon lemon juice • 1/4 teaspoon garlic powder • salt and pepper, to taste Other: • 2 cups broccoli (1 cup for tonight's dinner and 1 cup for tomorrow's lunch) • 1 tablespoon light butter (1/2 tablespoon for tonight's dinner and 1/2 tablespoon for tomorrow's lunch) Instructions: 1. Place water and quinoa in a medium-sized saucepan. Bring the water and quinoa to a boil. Once it has reached a boil, turn heat to low, place the lid on the saucepan and simmer for 15 minutes, or until all of the water is absorbed. Fluff with fork. 2. Meanwhile, in a large resealable bag, add chicken and blackened seasoning. Shake to coat. 3. Lightly coat a large frying pan with nonstick cooking spray. Over medium-high heat, cook chicken breasts for 7 minutes on each side, or until cooked through. 4. Meanwhile, prepare the Avocado Cream Sauce by blending Greek yogurt, avocado, lemon juice, garlic powder, and salt in a food processor. 5. Steam your broccoli according to package directions. 6. Place 2 tablespoons of Avocado Cream Sauce and 1/2 tablespoon green onions on top of each chicken breast. Serve chicken with 1 cup quinoa and 1 cup steamed broccoli with 1/2 tablespoon light butter. Set aside leftovers for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 1 chicken breast with 2 tablespoons sauce, 1 cup quinoa and 1 cup broccoli with 1/2 tablespoon light butter for tomorrow's lunch.

TOTAL CALORIES:

1,245

DAY 6

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: PROTEIN YOGURT BOWL 207 Ingredients: • 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt • 1 scoop Skinny Mom® Protein Powder (your choice: Milk Chocolate or Vanilla Bean) • 1/2 cup strawberries, sliced Instructions: 1. In a small bowl, add yogurt and 1 scoop of protein powder. Mix well. 2. Top with sliced strawberries.	
M2	MEAL 2 149 • 1 light string cheese • 12 cashews	
M3	MEAL 3: Leftover Blackened Chicken with 2 Tablespoons Avocado Cream Sauce, 1 Cup Quinoa, 1 Cup Broccoli & 1/2 Tablespoon Light Butter 383	
M4	MEAL 4 160 • 1 hard-boiled egg • 1/2 apple	
M5	MEAL 5: SIMPLE SHRIMP STIR-FRY 470 Ingredients: • 1/2 tablespoon extra virgin olive oil • 9 medium-size raw shrimp, peeled and deveined • 2 cups frozen stir-fry vegetable mix • 1/2 cup less-sodium soy sauce • 1 cup brown rice, cooked Instructions: 1. In a wok or deep skillet, heat extra virgin olive oil. 2. Add shrimp and cook until pink. 3. Add vegetables and soy sauce. 4. Meanwhile, cook rice according to package directions. 5. Cook stir-fry until hot, and serve over 1 cup brown rice.	

TOTAL CALORIES:

1,369

DAY 7

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: ORANGE DREAMSICLE PROTEIN SMOOTHIE & 2 HARD-BOILED EGGS 308 Ingredients: • 1 scoop Skinny Mom® Vanilla Bean Protein Powder • 1/2 cup mandarin oranges in 100% juice • 1 cup unsweetened almond milk • 1 teaspoon honey • 1 cup ice Other: • 2 hard-boiled eggs Instructions: 1. Add all ingredients to blender. Blend until desired consistency. Enjoy with 2 hard-boiled eggs on the side.	
M2	MEAL 2 222 • 4 celery stalks • 2 tablespoons nut butter	
M3	MEAL 3: SPICY TUNA SALAD WRAP & 1 CUP PINEAPPLE 248 Ingredients: • 1 (3-ounce) can chunk light tuna packed in water • 2 tablespoons plain, nonfat Greek yogurt • 2 tablespoons light mayonnaise • 1/4 cup diced celery (about 3 stalks) • 1 tablespoon red onion, diced • 1/2 tablespoon chopped fresh parsley • 1/4 teaspoon no-sugar-added pickle relish • 1/4 teaspoon Dijon mustard • 1/4 teaspoon red pepper flakes • salt and pepper, to taste • 1 large lettuce leaf Other: • 1 cup fresh pineapple chunks OR 1 cup canned in 100% juice Instructions: 1. Drain the tuna well. 2. Add the rest of the ingredients to a large mixing bowl, and stir to combine. 3. Add the drained tuna and stir to combine. 4. Serve chilled wrapped in a lettuce leaf. Enjoy with 1 cup pineapple chunks.	
M4	MEAL 4 146 • 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt • 6 cashews	
M5	MEAL 5: TACO SALAD 402 Ingredients: • 1/2 pound ground turkey (Lean - 90/10) • 1 teaspoon cumin • 1 teaspoon chili powder • salt and black pepper, to taste • 4 cups shredded lettuce (2 cups for tonight's dinner and 2 cups for tomorrow's lunch) • 2 small tomatoes, diced (1 for tonight's dinner and 1 for tomorrow's lunch) • 1 cup reduced-sodium black beans (1/2 cup for tonight's dinner and 1/2 cup for tomorrow's lunch) • 1/2 avocado, diced (1/4 for tonight's dinner and 1/4 for tomorrow's lunch) Instructions: 1. Place the ground turkey in a skillet and cook over medium-high heat. 2. Use a wood spatula to break up the turkey into equal-size pieces as it cooks. 3. Once cooked through, drain any fat. 4. Add cumin, chili powder, salt, and pepper, and stir well. 5. Spoon 4 ounces of turkey mixture on top of 2 cups lettuce and add 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado. Set aside leftovers for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 4 ounces turkey mixture, 2 cups lettuce, and add 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado for tomorrow's lunch.

TOTAL CALORIES:
1,326

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: CHOCOLATE PROTEIN WAFFLES WITH SUGAR-FREE MAPLE SYRUP & TURKEY BACON	281
	Ingredients:	
	• 1 scoop Skinny Mom® Milk Chocolate Protein Powder	
	• 1 tablespoon coconut flour	
	• 1 teaspoon baking powder	
	• 1 egg	
	• 1 teaspoon vanilla	
	• 1/4 cup unsweetened almond milk	
	Other:	
	• 1 tablespoon sugar-free maple syrup	
	• 2 slices lower-sodium turkey bacon	
	Instructions:	
	1. Preheat the waffle iron.	
	2. In a small mixing bowl, whisk together all of the ingredients until smooth.	
	3. Grease waffle iron, pour the batter, and cook the waffle according to waffle iron instructions.	
	4. Meanwhile, microwave turkey bacon according to package directions.	
	5. Serve waffle with 1 tablespoon sugar-free maple syrup and 2 slices turkey bacon.	
M2	MEAL 2	100
	• 8 ounces lemon water with a dash of cayenne pepper	
	• 1 apple	
M3	MEAL 3: Leftover Taco Salad	402
M4	MEAL 4	225
	• 1 cucumber, slice	
	• 2 tablespoons hummus	
	Other:	
	• 1/4 cup raisins	
M5	MEAL 5: GRILLED PINEAPPLE TERIYAKI PORK CHOPS & GRILLED ASPARAGUS SPEARS	257
	Pork Chops:	
	• 1 (8-ounce) can pineapple slices in 100% juice (need 2 pineapple rings; reserve 1/4 cup juice)	
	• 2 tablespoons less-sodium soy sauce	
	• 1 tablespoon brown sugar	
	• 1 tablespoon rice vinegar	
	• 1/4 teaspoon ground ginger	
	• 2 (4-ounce) boneless pork chops, trimmed of fat	
	• 1 teaspoon chopped fresh chives	
	Asparagus:	
	• 12 asparagus spears, trimmed	
	• 1 teaspoon extra virgin olive oil	
	• salt and black pepper, to taste	
	Instructions:	
	1. In a small bowl, whisk pineapple juice, soy sauce, brown sugar, rice vinegar, and ground ginger.	
	2. Place pork chops in a large resealable bag and cover with marinade. Seal the bag and place pork chops in refrigerator for 30 minutes to 1 hour.	
	3. Remove pork chops from bag. DO NOT DISCARD MARINADE.	
	4. In a small sauce pan over medium heat, bring marinade to a boil. Reduce heat to low and simmer sauce for 5 minutes until sauce thickens, making sure to stir sauce frequently. After sauce has thickened, remove from heat and place in a small dish. You will use this marinade sauce while grilling pork chops and pineapple.	
	5. Lightly coat asparagus spears with olive oil and sprinkle with salt and pepper.	
	6. Preheat grill to medium-high heat. Lightly coat with nonstick cooking spray.	
	7. Place pork chops and pineapple slices on grill and brush often with marinade sauce while cooking. Cook pork chops on each side for 4-5 minutes or until cooked through. Cook the pineapple until it has color and softens. With 5 minutes left on grilling the chops, place seasoned asparagus directly on the grill or in a grill basket. Grill until just tender and lightly charred, about 5 minutes. Let pork chops rest for 2-4 minutes before serving.	
	8. Place a grilled pineapple slice on top of each pork chop and sprinkle with chives.	
	9. Serve 1 pork chop with 1 pineapple ring and 6 asparagus spears. Set aside leftovers for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 1 pork chop, 1 pineapple ring and 6 asparagus spears for tomorrow's lunch.

TOTAL CALORIES:

1,265

DAY 9

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: PEANUT BUTTER CUP PROTEIN SHAKE 392	
	Ingredients:	
	• 1 scoop Skinny Mom® Milk Chocolate Protein Powder	
	• 1 large banana, frozen (if using non-frozen banana, add 1 cup ice)	
	• 1 cup unsweetened almond milk	
	• 1 tablespoon nut butter	
	• 1 (6-ounce) container vanilla, nonfat Greek yogurt	
	• 1/2 teaspoon stevia	
	• 1/2 teaspoon vanilla extract	
	Instructions:	
	1. Add all ingredients to blender. Blend until desired consistency.	
M2	MEAL 2 50	
	• 1/2 apple	
M3	MEAL 3: Leftover Grilled Pineapple Teriyaki Pork Chops and 6 Grilled Asparagus Spears 257	
M4	MEAL 4 50	
	• 1 light string cheese	
M5	MEAL 5: HONEY LEMON GLAZED CHICKEN WITH BROWN RICE & BROCCOLI 558	
	Ingredients:	
	• 2 (4-ounce) boneless, skinless chicken breasts	
	• 2 tablespoons less-sodium soy sauce	
	• 1/2 tablespoon minced garlic	
	• salt and black pepper, to taste	
	• 1 teaspoon toasted sesame oil	
	• 1/2 tablespoon brown sugar	
	• 2 tablespoons lemon juice	
	• 1 tablespoon honey	
	• 1/4 teaspoon fresh grated ginger (or substitute ground ginger)	
	Other:	
	• 2 cups steamed broccoli (1 cup for tonight's dinner and 1 cup for tomorrow's lunch)	
	• 1/2 cup brown rice	
	• 1 tablespoon light butter (1/2 tablespoon for tonight's dinner and 1/2 tablespoon for tomorrow's lunch)	
	Instructions:	
	1. Preheat the oven to 375°F. Line a rimmed baking sheet with foil and a cooling rack, and set aside.	
	2. In a gallon-size resealable bag, combine the chicken, soy sauce, and garlic.	
	3. Refrigerate for 30 minutes to 2 hours, turning the chicken a few times.	
	4. When ready to cook, remove the chicken from the marinade and season both sides of the chicken with salt and black pepper, to taste.	
	5. Heat a large skillet over medium-high heat. Add the sesame oil to the skillet and sear the chicken breasts for about 2 minutes on each side. Discard the remaining marinade.	
	6. Using tongs, transfer the chicken to the prepared baking sheet and bake for 10-15 minutes.	
	7. While chicken is baking, prepare the Honey Lemon Glaze. In a small bowl, whisk together the brown sugar, lemon juice, honey, and ginger.	
	8. Remove chicken from oven and brush the glaze over each breast. Place chicken back in the oven for an additional 10 minutes, or until the internal temperature reaches 165°F.	
	9. While the chicken is in the oven, prepare rice and steam broccoli according to package directions.	
	10. Serve 1 chicken breast with 1/2 cup brown rice and 1 cup broccoli. Set aside leftovers for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 1 chicken breast, 1 cup broccoli and 1/2 tablespoon light butter for tomorrow's lunch.

TOTAL CALORIES:
1,307

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: PROTEIN-PACKED APPLE CINNAMON OATMEAL 295 Ingredients: • 1/2 cup quick oats • 1/2 cup unsweetened almond milk • 1/2 apple, diced • 1/2 teaspoon cinnamon • 1 teaspoon stevia • 1 scoop Skinny Mom® Vanilla Bean Protein Powder Instructions: 1. Add all the ingredients in a large bowl. Stir thoroughly and then microwave for 3 minutes. 2. Stir after 1 minute, then again after 2.	
M2	MEAL 2 105 • 8 ounces lemon water with a dash of cayenne pepper • 1 banana	
M3	MEAL 3: Leftover Honey Lemon Glazed Chicken & 1 Cup Broccoli with 1/2 Tablespoon Light Butter 434	
M4	MEAL 4 149 • 1 light string cheese • 12 cashews	
M5	MEAL 5: CILANTRO LIME TILAPIA WITH AVOCADO PICO DE GALLO & BLACK BEANS 315 Tilapia: • 1/2 tablespoon extra virgin olive oil • 1/2 tablespoon seasoned rice wine vinegar • 1 tablespoon lime juice • 1 tablespoon chopped fresh cilantro • 2 (4-ounce) tilapia fillets Avocado Pico de Gallo: • 1 Roma tomato, seeded and diced • 1/4 avocado, diced • 2 tablespoons diced red onion • 1 tablespoon chopped fresh cilantro • salt, to taste • squeeze of lime juice Other: • 1 cup reduced-sodium black beans (1/2 cup for tonight's dinner and 1/2 cup for tomorrow's lunch) Instructions: 1. In a medium-sized bowl, combine oil, rice wine vinegar, lime juice, and cilantro. 2. Place the fillets in the marinade, and flip them over to coat both sides, then set aside while making the Avocado Pico de Gallo. 3. Combine the tomatoes, avocado, red onion, and cilantro in a medium-sized bowl and season with salt to taste. 4. Squeeze lime juice on the Pico for flavor and to keep the avocados from browning, then set aside. 5. Heat a large skillet over medium-high heat and remove the tilapia fillets from the marinade, allowing excess to drip off. Discard leftover marinade. Cook the fish in batches as to not crowd the skillet. 6. Meanwhile, microwave 1/2 cup black beans and set aside. 7. At this point, you may want to add an additional spray of nonstick cooking spray. Cook the tilapia until the fish turns white and flakes easily, 2-3 minutes on each side. The fish will be tender and might tear when flipping. Use a flexible fish spatula for best results. 8. Serve tilapia with 1/2 cup Avocado Pico de Gallo and 1/2 cup black beans. Set aside leftovers for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 1 tilapia fillet, 1/2 cup pico and 1/2 cup black beans for tomorrow's lunch.

TOTAL CALORIES:

1,298

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: SUNRISE PROTEIN SMOOTHIE 253 Ingredients: • 1 scoop Skinny Mom® Vanilla Bean Protein Powder • 1 cup whole frozen strawberries • 1/2 cup frozen peaches • 1 cup unsweetened almond milk • 1 cup ice • 1/2 teaspoon vanilla • 1 tablespoon honey Instructions: 1. Add all ingredients to blender. Blend until desired consistency.	
M2	MEAL 2 107 • 1/2 cup low-fat cottage cheese • 1/2 tomato, diced • salt and black pepper, to taste	
M3	MEAL 3: Leftover Cilantro Lime Tilapia with 1/2 Cup Avocado Pico de Gallo and 1/2 Cup Black Beans 315	
M4	MEAL 4 220 • 1 hard-boiled egg • 1 apple	
M5	MEAL 5: GREEN POWERHOUSE SALAD WITH GRILLED CHICKEN BREAST 388 Chicken: • 2 (6-ounce) boneless, skinless chicken breasts (1 for tonight's dinner, 1 for tomorrow's lunch) • 1 teaspoon garlic powder • salt and black pepper, to taste Lemon Powerhouse Dressing: • 1 teaspoon extra virgin olive oil • squeeze of fresh lemon • salt and black pepper, to taste Salad: • 2 cups baby spinach • 1/4 cup shelled edamame • 1/4 avocado, peeled and sliced • 3 asparagus spears, cut into 1-inch pieces • 1/4 small cucumber, diced or shaved into ribbons with a peeler • 1/4 green bell pepper, thinly sliced Instructions: 1. Preheat an outdoor grill on medium-high heat, and lightly coat the grate with nonstick cooking spray. 2. Sprinkle chicken with garlic powder, salt, and pepper. 3. Cook 10 to 15 minutes per side, or until no longer pink and juices run clear. 4. Meanwhile, mix olive oil, lemon, salt, and pepper in a small bowl and set aside. 5. Wet a paper towel and ring it out so it is damp. Roll the asparagus spears up and microwave them for 45 seconds to 1 minute until tender-crisp. 6. Carefully remove asparagus, let them cool, and cut into 1-inch pieces. 7. Remove chicken from grill and let slightly cool. Place one breast into a resealable bag and refrigerate for tomorrow's lunch. Slice or dice the other chicken breast for tonight's salad. 8. Layer all the salad ingredients together and add the diced/sliced chicken breast. Drizzle dressing over top. Refrigerate other chicken breast for tomorrow's lunch*.	

LEFTOVER NOTES

*2nd chicken breast will be used for tomorrow's lunch.

TOTAL CALORIES:

1,283

DAY 12

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: PROTEIN-PACKED APPLE CINNAMON OATMEAL 295 Ingredients: • 1/2 cup quick oats • 1/2 cup unsweetened almond milk • 1/2 apple, diced • 1/2 teaspoon cinnamon • 1 teaspoon stevia • 1 scoop Skinny Mom® Vanilla Bean Protein Powder Instructions: 1. Add all the ingredients in a large bowl. Stir thoroughly and then microwave for 3 minutes. 2. Stir after 1 minute, then again after 2.	
M2	MEAL 2 100 • 8 ounces lemon water with a dash of cayenne pepper • 1 apple	
M3	MEAL 3: Open-Faced Leftover Grilled Chicken Sandwich on 1 Slice Sprouted Grain Bread, Topped with 2 Tablespoons Hummus with 1 Cup Broccoli & 1/2 Tablespoon Light Butter 353	
M4	MEAL 4 204 • 1/2 cup low-fat cottage cheese • 1/2 tomato, diced • salt and black pepper, to taste Other: • 12 cashews	
M5	MEAL 5: SOUTHWEST STUFFED SWEET POTATOES 322 Ingredients: • 2 medium-sized sweet potatoes • 1/4 cup plain, nonfat Greek yogurt • 1/2 teaspoon lime juice • 1/4 teaspoon black pepper • 1/4 teaspoon salt • 1/2 tablespoon extra virgin olive oil • 1/2 cup onion, diced • 1/4 teaspoon chili powder • 1/2 teaspoon cumin • 1/2 teaspoon garlic powder • 1/2 teaspoon onion powder • 1/4 teaspoon salt • 1/4 teaspoon black pepper • 1 (8-ounce) can reduced-sodium black beans, drained and rinsed • 1/4 avocado, diced • 1 tablespoon fresh cilantro, chopped Instructions: 1. Preheat oven to 350°F. 2. Place sweet potatoes on a baking sheet lightly coated with nonstick cooking spray and bake for 50 minutes. 3. Prepare yogurt sauce by mixing the yogurt, lime juice, salt, and pepper. Set aside. 4. With 10 minutes left on the sweet potatoes, heat the olive oil in a skillet over medium heat and add onion. Cook until the onions become translucent. Add chili powder, cumin, garlic powder, onion powder, salt, and pepper and continue to stir for an additional 2-3 minutes. 5. Add black beans to the skillet. Continue to cook, stirring frequently, until the black beans are fully heated through, about 5 minutes. Take off of heat and set aside. 6. Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and mash the inside flesh. 7. Pour the black bean mixture, avocado, cilantro, and yogurt sauce inside 1 sweet potato. Set aside and refrigerate 1 potato and filling for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 1 Southwest Stuffed Sweet Potato for tomorrow's lunch.

TOTAL CALORIES:

1,274

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: ORANGE DREAMSICLE PROTEIN SMOOTHIE & 2 HARD-BOILED EGGS 308 Ingredients: • 1 scoop Skinny Mom® Vanilla Bean Protein Powder • 1/2 cup mandarin oranges in 100% juice • 1 cup unsweetened almond milk • 1 teaspoon honey • 1 cup ice Other: • 2 hard-boiled eggs Instructions: 1. Add all ingredients to blender. Blend until desired consistency. 2. Enjoy smoothie with 2 hard-boiled eggs on the side.	
M2	MEAL 2: SPICY AVOCADO TOAST & LIGHT STRING CHEESE 212 Ingredients: • 1 slice sprouted grain bread (in freezer section) • 1/4 avocado • salt, black pepper, and red pepper flakes, to taste Other: • 1 light string cheese Instructions: 1. Toast bread to your desired doneness. 2. In a small bowl, mash avocado, salt, pepper, and red pepper flakes. Spread over toast.	
M3	MEAL 3: Leftover Southwest Sweet Potato 322	
M4	MEAL 4 143 • 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt • 1 cup strawberries	
M5	MEAL 5: CARB-CUTTING AVOCADO ZOODLES WITH GRILLED SHRIMP 257 Sauce: • 1/2 avocado, peeled and pitted • 2 tablespoons fresh basil • 1/2 tablespoon extra virgin olive oil • 1/2 tablespoon lemon juice • salt and black pepper, to taste • 1 teaspoon minced garlic Zoodles: • 1/2 teaspoon extra virgin olive oil • 1/2 (14-ounce) can large artichoke hearts, drained and chopped (3- 4 artichoke hearts) • 1/2 cup cherry tomatoes, halved • 5 cups zucchini noodles (2-3 small zucchini) Other: • 2-3, 4-inch wooden skewers • 18 raw, medium-sized shrimp, peeled and deveined • 1 teaspoon extra virgin olive oil • salt and black pepper, to taste Instructions: 1. Soak wooden skewers in cold water for 1 hour and pre-heat grill. 2. Thread shrimp onto each skewer so that the shrimp lie flat. 3. Place shrimp skewers onto a plate and drizzle with olive oil to lightly coat, and season with salt and pepper. 4. Grill shrimp 2 minutes per side or until just cooked through. 5. Meanwhile, make the sauce. Blend all of the sauce ingredients together in a food processor or high-powered blender until smooth, and set aside. 6. Heat a large skillet over low-medium heat. Add the oil, artichoke hearts, and tomatoes. Cook for 4-6 minutes until the tomatoes start to plump and get juicy. 7. Add the zucchini noodles and grilled shrimp and the set-aside sauce to the skillet. 8. Season with salt and black pepper, and gently toss together with tongs to evenly coat. Set aside half of the meal for tomorrow's lunch*.	

LEFTOVER NOTES

*Pack 1/2 of zoodles and sauce and 9 grilled shrimp for tomorrow's lunch.

TOTAL CALORIES:

1,242

DAY 14

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	MEAL 1: PROTEIN YOGURT BOWL WITH TOAST 311 Ingredients: • 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt • 1 scoop Skinny Mom® Protein Powder (your choice: Milk Chocolate or Vanilla Bean) • 1/2 cup strawberries, sliced Other: • 1 slice sprouted grain bread (in freezer section) • 1 tablespoon light butter Instructions: 1. In a small bowl, add yogurt and 1 scoop of protein. Mix well. Top with sliced strawberries. 2. Toast bread and add light butter.	
M2	MEAL 2 106 • 1/2 cup low-fat cottage cheese • 1/2 tomato, diced • salt and black pepper, to taste	
M3	MEAL 3: Leftover Carb-Cutting Avocado Zoodles with Grilled Shrimp 257	
M4	MEAL 4 203 • 1 banana • 1 tablespoon nut butter	
M5	MEAL 5: SKINNY GRILLED CHICKEN & FRUIT SALAD 333 Ingredients: • 1 (6-ounce) boneless, skinless chicken breast • salt and black pepper, to taste • 1/4 of an orange • 2 cups baby spring mix • 2 tablespoons fresh blueberries • 2 strawberries, sliced • 1 tablespoon reduced-fat feta cheese crumbles • 1 tablespoon unsalted raw walnuts, chopped • 2 tablespoons yogurt ranch dressing Instructions: 1. Cook the chicken by heating a grill pan over medium heat. Pound the chicken out to an even thickness, and season both sides with salt and pepper. 2. Coat the grill pan with nonstick cooking spray and grill the chicken for 4-6 minutes on each side, or until cooked through. 3. Remove from the heat and let rest for 10 minutes. Slice or dice the chicken and set aside until ready to assemble the salad. 4. Segment the orange by slicing off the two ends, so it sits flat. Use your knife to slice off the peel, all the way around the orange, being careful to not slice too far into the orange flesh. 5. Over the mixing bowl, pick up the "naked" orange, and with a paring knife very carefully slice along the membrane, slicing towards the center of the orange. Slice on each side of the membrane to loosen each segment, and remove it. 6. To assemble the salad, layer the spring mix, chicken, blueberries, strawberries, orange segments, feta, and walnuts. 7. Drizzle dressing over the salad, and toss to combine.	

TOTAL CALORIES:

1,210

GROCERY LIST

Gone are the days you walk aimlessly through the grocery without a plan in place. Fill this grocery list with all the good-for-you ingredients used throughout the 14-day plan, and don't forget to take stock of your pantry and refrigerator!

VEGETABLES

[illegible]

MEAT & POULTRY

[illegible]

SEAFOOD

[illegible]

CANNED

[illegible]

BREAD & RICE

[illegible]

FREEZER

[illegible]

CONDIMENTS

[illegible]

SPICES

[illegible]

BAKING

[illegible]

PERSONAL

[illegible]

OTHER

[illegible]

FRUITS

[illegible]

DAIRY

[illegible]

14-DAY FAT BURNER



DAILY WORKOUT GUIDE

#14DAYFATBURNER

WORKOUT GUIDE INSTRUCTIONS

EQUIPMENT YOU'LL NEED FOR THE NEXT 14 DAYS:

Light Dumbbells (2-5 lbs) • Heavy Dumbbells (8-15 lbs)
Stability Ball • Resistance Band • Kettlebell • Interval Timer

WORKOUT FORMAT:

DAYS 1-7:

Complete Circuit #1 with no rest between each move

» Rest 30-60 Seconds

Repeat Circuit #1

» Rest 30-60 Seconds

Complete Circuit #2 with no rest between each move

» Rest 30-60 Seconds

DAYS 8-14:

Complete Circuit #1 with no rest between each move

» Rest 30-60 Seconds

Complete Circuit #2 with no rest between each move

» Rest 30-60 Seconds

Complete Circuit #3 with no rest between each move

» Rest 30-60 Seconds. End with 15-30 minutes of cardio

EXAMPLES OF CARDIO:

Running, cycling, power walking, elliptical machine,
rowing machine, stair climbing, or swimming.

BURNOUT ALERT:

When you see "BURNOUT" on the workout cards in the place of a time or rep amount, it means you complete the exercise for as long and as hard as you can. You'll have to push hard and dig deep with this one, but the results will be oh-so worth it – WORK IT, GIRL!!

CONVENIENCE ALERT!

Cut out each workout card to take to the gym with you or to rock your workout at home!

14-DAY FAT BURNER: DAY 2

THE MOVES	TIME/REPS
CIRCUIT #1	Squat and Press with Resistance Band 15 reps
	Plank Rows 20 reps total, 10 each side
	Burpees 20 reps
	Glute Bridge with Dumbbell 20 reps
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	Side Lunge Rows 30 reps total, 15 each side
	High Knees 30 seconds
	Squat and Triceps Extensions 20 reps
	Plank Lunge and Jumps 20 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY FAT BURNER: DAY 1

THE MOVES	TIME/REPS
CIRCUIT #1	Stability Ball Shoulder Press 20 reps
	Reverse Fly (using lighter weight) 15 reps
	Squat Jumps 30 reps total, 15 each side
	Forearm Plank 30 seconds
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	Pushups (on toes or knees) 15 reps
	Reverse Lunge and Press 30 reps total, 15 each side
	Mountain Climbers 30 seconds
	Bicycle Crunches 30 reps total, 15 each side
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY FAT BURNER: DAY 3

THE MOVES	TIME/REPS
CIRCUIT #1	Side Lunge and Press
	30 reps total, 15 each side
	Bicep Curls
	30 reps
CIRCUIT #2	Reverse Fly (using lighter weight)
	15 reps
	Tuck Jumps
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	Pushups (on toes or knees)
	20 reps
	Squat Jumps
	30 reps total, 15 jumps (fast) + 15 pulses
CIRCUIT #3	Hip Twister Plank
	20 reps total, 10 each side
CIRCUIT #4	Stability Ball Leg Raises
	15 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY FAT BURNER: DAY 4

THE MOVES	TIME/REPS
CIRCUIT #1	Jumping Jacks
	50 reps
	Weighted Wall Squats w/ Stability Ball
	60 seconds
CIRCUIT #2	Russian Twists with Dumbbells
	30 reps total, 15 each side
CIRCUIT #3	Scarecrow Squeezes
	15 reps
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	Crab Twists
	30 reps total, 15 each side
	Lateral Bicep Curls
	30 reps total, 15 each side
CIRCUIT #3	Plié Squat into Side Kick
	40 reps total, 20 each side
CIRCUIT #4	Glute Bridge with Dumbbell
	20 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY FAT BURNER: DAY 5

THE MOVES	TIME/REPS
CIRCUIT #1	Kettlebell Sit-Ups and Press
	15 reps
	Goblet Squat Jumps
	30 reps
CIRCUIT #2	Kneeling Side Plank Clamshells
	40 reps total, 20 each side
CIRCUIT #3	Flutter Kicks
	45 seconds
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	High Knees
	45 seconds
	Ab Claps
	30 reps
CIRCUIT #3	Burpees
	30 reps
CIRCUIT #4	Single Leg Glute Bridge
	40 reps each side, 20 singles + 20 pulses
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY FAT BURNER: DAY 6

THE MOVES	TIME/REPS
CIRCUIT #1	Deadlift with Upright Row
	25 reps
	Mountain Climbers
	40 seconds
CIRCUIT #2	Glute Rainbows
	40 reps total, 20 each side
CIRCUIT #3	Tricep Dips
	20 reps
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	Starfish Abs
	30 reps total, 15 each side
	Plank Jacks
	40 seconds
CIRCUIT #3	Weighted Donkey Kicks
	30 reps total, 15 each side
CIRCUIT #4	Reverse Fly (using lighter weight)
	15 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY FAT BURNER: DAY 7

REST DAY!

Focus on stretching and
30 minutes of light cardio.

#14DAYFATBURNER

14-DAY FAT BURNER: DAY 9	
THE MOVES	TIME/REPS
CIRCUIT #1	Squat and Press with Resistance Band
	Plank Row
	Burpees
	Glute Bridge with Dumbbell
» Rest 30-60 seconds, move to Circuit #2	
CIRCUIT #2	Side Lunge Row
	High Knees
	Squat and Triceps Extension
	Plank Lunge and Jump
» Rest 30-60 seconds, move to Circuit #3.	
CIRCUIT #3	Weighted Donkey Kicks
	Glute Rainbow
	Fire Hydrants
	Hamstring Ball Tuck
» End circuit with 15-30 minutes of cardio.	

14-DAY FAT BURNER: DAY 10	
THE MOVES	TIME/REPS
CIRCUIT #1	Side Lunge and Press
	Bicep Curls
	Reverse Fly (using lighter weight)
	Tuck Jumps
» Rest 30-60 seconds, move to Circuit #2	
CIRCUIT #2	Pushups (on toes or knees)
	Squat Jumps
	Hip Twister Plank
	Stability Ball Leg Raises
» Rest 30-60 seconds, move to Circuit #3.	
CIRCUIT #3	Upright Rows
	Front Shoulder Raises
	Lateral Shoulder Raises
	Scarecrow Squeezes
» End circuit with 15-30 minutes of cardio.	

14-DAY FAT BURNER: DAY 8	
THE MOVES	TIME/REPS
CIRCUIT #1	Shoulder Press on Stability Ball
	Reverse Fly (using lighter weight)
	Squat Jumps
	Forearm Plank
» Rest 30-60 seconds, move to Circuit #2	
CIRCUIT #2	Pushups
	Reverse Lunge & Press
	Mountain Climbers
	Bicycle Crunches
» Rest 30-60 seconds, move to Circuit #3.	
CIRCUIT #3	Stability Ball Leg Raises
	Tabletop Reverse Pike
	Spiderman Plank
	Plank Hold
» End circuit with 15-30 minutes of cardio.	

14-DAY FAT BURNER: DAY 11

THE MOVES		TIME/REPS
CIRCUIT #1	Jumping Jacks	50 reps
	Weighted Wall Squats with Stability Ball	60 seconds
	Russian Twists with Dumbbells	30 reps total, 15 each side
	Scarecrow Squeezes	15 reps
» Rest 30-60 seconds, move to Circuit #2		
CIRCUIT #2	Crab Twists	30 reps total, 15 each side
	Lateral Bicep Curls	30 reps total, 15 each side
	Plié Squat Into Side Kick	40 reps total, 20 each side
	Glute Bridge with Dumbbell	20 reps
» Rest 30-60 seconds, move to Circuit #3.		
CIRCUIT #3	Kneeling Side Plank Clamshells	40 reps total, 20 each side
	Sumo Squats with Bicep Curls	40 reps
	Reverse Lunge and Press	30 reps total, 15 each side
	Weighted Wall Squats with Stability Ball	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.		

14-DAY FAT BURNER: DAY 13

THE MOVES		TIME/REPS
CIRCUIT #1	Deadlift with Upright Row	25 reps
	Mountain Climbers	40 seconds
	Glute Rainbows	50 reps total, 25 each side
	Tricep Dips	20 reps
» Rest 30-60 seconds, move to Circuit #2.		
CIRCUIT #2	Starfish Abs	30 reps total, 15 each side
	Plank Jacks	40 seconds
	Weighted Donkey Kicks	30 reps total, 15 each side
	Reverse Fly (using lighter weight)	15 reps
» Rest 30-60 seconds, move to Circuit #3.		
CIRCUIT #3	High Knees	40 seconds
	Tuck Jumps	25 reps
	Squat Jumps	20 reps
	Jumping Jacks	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.		

14-DAY FAT BURNER: DAY 12

THE MOVES		TIME/REPS
CIRCUIT #1	Kettlebell Sit-Ups and Press	15 reps
	Goblet Squat Jumps	30 reps
	Kneeling Side Plank Clamshells	40 reps total, 20 each side
	Flutter Kicks	45 seconds
» Rest 30-60 seconds, move to Circuit #2		
CIRCUIT #2	High Knees	45 seconds
	Ab Claps	30 reps
	Burpees	30 reps
	Single Leg Glute Bridge	40 reps total, 20 each side + 20 pulses
» Rest 30-60 seconds, move to Circuit #3.		
CIRCUIT #3	Pushups (on toes or knees)	30 reps
	Mountain Climbers	60 seconds
	Stability Ball Leg Raises	30 reps
	Burpees	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.		

14-DAY FAT BURNER: DAY 14

REST DAY!

Focus on stretching and 30 minutes of light cardio.

#14DAYFATBURNER

SKINNY MOM PROTEIN POWDER FOR ACTIVE WOMEN JUST LIKE YOU!

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Under 90 Calories

Formulated for Women



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